

Medical professionals competing for their EFMB participate in multiple medical lanes that test their Soldier and occupational specialty expertise.

Medical professionals pursue coveted EFMB

Story and photos by
SPC. PATRICK KIRBY
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — A total of 165 medics from across the division tested their Soldier and medical skills from Aug. 15-26 to compete for the Expert Medical Field Badge (EFMB), here.

Medics were tested in a variety of areas during both the train up period and the official grading, which included a comprehensive written test, the Army Physical Fitness Test, weapons qualification, land navigation, road march, tactical casualty care and communications tasks.

“The Expert Field Medical Badge is a very prestigious badge that only 13 percent of the medics who test attain. By earning the badge, not only does it set you apart from your peers, it lets your chain of command know you are in that 13 percent of expert medics,” said Sgt. 1st Class Johnny Jones, Headquarters

Company, 325th Brigade Support Battalion, 3rd Bde. Combat Team, 25th Infantry Division.

The week started off with the APFT in which the competitors had to score a 60 percent in each event. Following this test, they were required to pass day and night land navigation with three out of four points correctly identified.

The medics were then tested at multiple stations on various tasks. Performing three tasks incorrectly would eliminate them from the running for the EFMB.

A second time participant in the EFMB, Spc. Brock Mason, 3rd Squadron, 4th Cavalry Regiment, 3rd BCT, encouraged others to stay resilient even if they were unable to achieve the prestigious award this year.

“I studied every night with other medics in my unit. We were usually the last people leaving study hall,” explained Mason. “I focused on all tasks and made sure to adjust what I messed up on last



The final event for the EFMB candidates is a 12-mile foot march. Soldiers from the 25th ID motivate those candidates as they approach the finish line.

time to ensure I wouldn’t make the same mistakes. I worried about the task at hand, one day at a time. Next thing I knew, I was standing at graduation.”

For the medics remaining after the APFT, land navigation and training in the medical lanes, a 12 mile ruck march awaited them. They had three hours to finish this task, followed by a final medical-related lane to become EFMB graduates.

On the tail end of a visit from the Army

Surgeon General, Lt. Gen. Nadja West, and her first command visit to the Pacific, it was fitting that the combat medics of the 25th ID were showing how important Army medicine is in furthering the readiness in the Pacific.

On Aug. 26, 20 medics were left standing on Weyand Field to receive their EFMB. A resilient Mason represented the “Bronco” brigade in accomplishing the goal of becoming an expert in the medical profession.



Training began last week when medical professionals competing for their EFMB participated in multiple medical lanes that tested their expertise in areas.



Spc. Brock Mason Comanche Troop, 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, has his EFMB pinned on his uniform by Lt. Col. Sean Brown, commander, 3-4th Cav.

Officers must be vetted before promotions are confirmed

C. TODD LOPEZ
Army News Service

WASHINGTON — A change to Army regulations now requires that the Army determine the suitability of each officer considered for promotion before that officer’s name ever crosses the desk of the Army secretary.

While the Army has always investigated officers to ensure they are suitable for promotion, in the past, such vetting usually took place at the same time that senior Army, Defense and congressional leadership were considering them, rather than before.

Now, the directive published Thursday, July 18, requires that officers who are selected for promotion be vetted for mental, physical, moral and professional fitness, and they meet the standards for exemplary conduct before their names are forwarded to the



A new change to Army regulations ensures that officers selected by boards for promotion meet the standards for exemplary conduct laid out in U.S. law – before their names are forwarded to the Secretary of the Army.

secretary of the Army for certification.

The previous concurrent vetting process sometimes resulted in the Army having to remove officers from promotion lists, resulting in embarrassment for the

individual and the service.

“Previously, the Army did not systematically screen all officers recommended for promotion or federal recognition for adverse or reportable information prior to nomination or confirmation,” said Albert S. Eggerton, chief of Officer Selection Board Policy.

“Consequently, some officers confirmed by the Senate were not discovered to have adverse or reportable information until just prior to appointment.”

According to Army Directive 2016-26, “a post-board screening initiated by the director of Military Personnel Management will be conducted on officers selected for promotion to captain through colonel and CW3 through CW5 before the results of the promotion selection board are forwarded to the secretary of the Army.”

The post-board screening includes a review of information in official files maintained by the Army Criminal Investigation Command, the Department of the Army inspector general, the restricted portion of the Army Military Human Resource Record, and a query for suspension of favorable personnel actions.

“Adverse information” can include, among other things, SHARP-related offenses; domestic assault or child abuse; DUIs/DWLs; possession or involvement with child pornography; positive urinalysis; false swearing; patterns of misconduct; or ongoing investigations or cases under review with Criminal Investigation Command, the Department of the Army, the Inspector General or a unit.

Similar changes have been made for officers who are being considered for promotion to first lieutenant or chief warrant officer.



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii

Col. Stephen E. Dawson

Garrison Command Sergeant Major

CSM Lisa C. Piette-Edwards

Director, Public Affairs

Dennis C. Drake

Chief, Internal Communication

Aiko Rose Brum, 656-3155

editor@hawaiiarmyweekly.com

News Editor

John Reese 656-3488

news@hawaiiarmyweekly.com

Pau Hana Editor

Jack Wiers 656-3157

community@hawaiiarmyweekly.com

Staff Writer and Photo Editor

Christine Cabalo 656-3150

reporter@hawaiiarmyweekly.com

Layout

Kristen Wong

Advertising: 529-4700

Classifieds: 521-9111

Address:

Public Affairs Office

745 Wright Ave., WAAF

Building 107, 2nd Floor

Schofield Barracks, HI

96857-5000

Website:

www.hawaiiarmyweekly.com

Nondelivery or distribution

656-3155 or 656-3488

Contributing Commands

U.S. Army-Pacific

Russell Dodson, 438-2662

25th Infantry Division

LTC Robert Phillips

655-6343

2nd Brigade Combat Team

MAJ Karen Roxbury

655-9526

3rd Brigade Combat Team

CPT Ramee L. Oppert

655-1083

25th Combat Aviation Brigade

CPT Heba Bullock

656-6663

8th Theater Sustainment Command

MAJ Leslie Waddle

438-1128

311th Signal Command (Theater)

CPT Liana Kim, 787-4095

94th Army Air & Missile Defense Command

SFC Claudio Tejada Valerio

448-1556

9th Mission Support Command

CPT Liana Kim

438-1600 ext. 3114

18th Medical Command (Deployment Support)

SFC John D. Brown, 437-4737

Tripler Army Medical Center

James Guzor, 433-2809

U.S. Army Corps of Engineers-Honolulu District

Joe Bonfiglio, 835-4002

500th Military Intelligence Brigade

SFC Thomas Collins

437-6819

599th Transportation Brigade

Donna Klapakis, 656-6420

USAG-Pohakuloa

Dennis Drake, 656-3154

Labor Day safety urged during holiday activities

INSTALLATION MANAGEMENT COMMAND
Pacific Region

Labor Day is the holiday when we celebrate and honor this great nation’s workforce.

Command Sgt. Maj. (Timothy D.) Hockenberry and I appreciate your dedication and service not only to the Pacific Region, but also to our nation.

Your dedicated service strengthens the Pacific Region and enables Army readiness.

Labor Day also marks the traditional end of the summer season with a well-deserved holiday weekend.

When planning your activities this holiday weekend, as always, keep safety in mind. Continued warm weather will encourage many to participate in popular outdoor activities. Unfortunately, the Labor Day weekend is often spoiled by accidents. Practicing good risk management techniques is a sure way to have

a safe and enjoyable weekend.

If you plan to travel, prepare yourself, your family and your vehicle for the journey ahead. Plan your route; allow extra time for your trip, taking into account increased traffic on the roads, and stop periodically to rest.

Don’t drink and drive! Be aware of the potential hazards, and drive sensibly and defensively. And remember to use your safety belt and insist your passengers use theirs.

I and Command Sgt. Maj. Hockenberry encourage everyone to fully enjoy this historic holiday weekend.

Have a safe and happy Labor Day weekend. Army safe is Army Strong.

Christine T. Altendorf
PhD, P.E.
Director

THE EXPERT FIELD MEDICAL BADGE



Photos courtesy of 2nd Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS — Warrior Brigade and Tropic Lightning Soldiers carry a simulated injured Soldier and practice an emergency medical evacuation during Expert Field Medical Badge testing, Aug. 25, here.



A Soldier checks the injuries and health condition of a simulated trauma victim during an activity for the Expert Field Medical Badge.



Two Soldiers simulate handling an emergency injury during an event for the Expert Field Medical Badge, Aug. 25.

Fanning lays out priorities during his first town hall

C. TODD LOPEZ
Army News Service

WASHINGTON — Reflecting on his most recent trip to the Pacific, which included a stop in Malaysia, Secretary of the Army Eric K. Fanning said he was impressed by the interaction he observed between American Soldiers and Malaysian forces, who are now participating in Exercise Keris Strike.

“It impressed upon me something that I didn’t see in my time in previous services that do a lot of exercises as well,” said Fanning, who has served in the past as acting Secretary of the Air Force, and also as an undersecretary with the Navy.

“When the Army interacts with another army, it is from the most junior Soldier all the way up to the most senior Soldiers. There is interaction between Sol-

diers at all levels that you don’t see with the way other services do their exercises, just by nature of how they fight, how they are organized and the platforms they use.”

That kind of interaction between Soldiers, he said, puts a face on the United States in a way that is not possible through other diplomatic efforts.

“There are 15,000 ... United States Foreign Service officers,” he said. “We have 150,000 Soldiers outside the continental United States right now, today – 10 times as many U.S. Army Soldiers around the world than there are foreign service officers. And many of them are interacting and representing the United States and doing it really well. Those Malaysians were really excited to be exercising and to be learning from Americans.”



Photo by John Martinez

Secretary of the Army Eric Fanning addresses Army civilians and members of the Army staff during a town hall meeting, Aug. 23.

Fanning spoke on Tuesday, Aug. 23, at the Pentagon to a packed house of Army Soldiers and civilians on his priorities for the coming months as part of his

first town hall meeting there. He said he plans to give such talks more often in the future.

Taking care of Soldiers. “For me, we have to keep the pressure on prevention of sexual assault. We have done a lot on responding to sexual assault. But I’d like to make the response stuff unnecessary,” Fanning said.

“We get a lot of heat on that issue – and we should. We should be held to a higher standard. But the benefit of that for the country is that we do lead the way on working on a lot of these issues. We’ve made a lot of progress that people outside the military are straining to look into and learn from and build on. We have to keep the heat on.”

Suicide prevention, he said, is another area where the Army has

See VISIT A-3

Voices of Ohana

Since Labor Day is Sept. 5, we wondered,
“What was the first job you ever earned money for?”
by Capt. Kenneth M. Keith, commander, Headquarters and Headquarters Company, 516th Signal Brigade, 311th Signal Command



“I was 15 years old, and I worked in a hardware store in a little country town.”

Mike Hagen
Brigade ISSM
516th Sig. Bde.



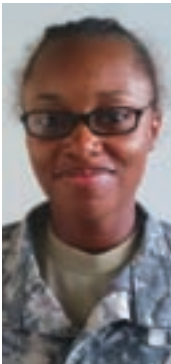
“My first paying job was as a lifeguard in 1990. It paid \$3.35 an hour.”

Maj. Patrick Lowthian
Brigade chaplain
516th Sig. Bde.



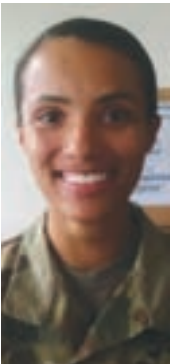
“I was a busboy at Rillo’s. It was a restaurant managed by my uncle. It was the best job I ever had, aside from the Army.”

Sgt. Dustin Mills
Company training
NCO, HHC
516th Sig. Bde.



“I worked at a retail store. I liked it since it was a good source of income and because I was a teenager and it was at the mall.”

Sgt. Jabreyl Sheffield
Admin NCO, HHC
516th Sig. Bde.



“I worked at Bath and Body Works. I hated that job.”

Spc. Vanessa Tyson
Company supply clerk, HHC
516th Sig. Bde.

USARPAC bids farewell to Alvin, welcomes Flynn

Story and photos by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Brig. Gen. Brian E. Alvin, outgoing deputy commanding general, Reserves, and Maj. Gen. Charles A. Flynn, incoming DCG, South, were honored during a Flying “V” ceremony held at historic Palm Circle, here, Aug. 25.



Alvin

The Flying “V” ceremony traditionally welcomes or honors senior Army officials when they assume duties or depart from an USARPAC.

The “V” refers to the way the colors are posted during the ceremony, which is V-shaped.

USARPAC’s subordinate and theater-enabling commands were represented on the parade field by Soldiers bearing the organizational colors and command teams.

Alvin has 32 years on active duty with the U.S. Army. He has been with USARPAC since October 2014, during which time he was the DCG, U.S. Army Reserve, and additionally became the first USARPAC general officer to fill the new position, director of Army Reserve Engagement Cell.

He will depart USARPAC after nearly two years of distinguished service to assume command of the 63rd Regional Support Command in Mountain View, Calif.

USARPAC commanding general Gen. Robert B. Brown officiated the ceremony and addressed Alvin’s importance to USARPAC and the impact he had on the command.

“Brian was the Army’s very first AREC director, and it happened right here at USARPAC,” said Brown. “His position demonstrates our commitment to always operate as a ‘Total Army Force,’ and acknowledges the critical contributions to the joint force that only our Reserve components can provide.”

Brown went on to detail how Alvin prepared Reserve units for full-spectrum operations with responsive enabling ca-



Maj. Gen. Charles A. Flynn, former commander of the 25th ID, Schofield Barracks, and the incoming deputy commanding general, South, addresses the audience during USARPAC’s Flying “V” ceremony at historic Palm Circle, Fort Shafter, Aug. 25.

pabilities, provided mentorship to senior leaders in the Reserve component, and afforded oversight of USARPAC’s efforts to posture the Army Reserve in order to respond to any contingencies in the Indo-Asia-Pacific region.

“Brian’s responsibilities went further than just advancing an important voice for Army Reserves in USARPAC and this region,” Brown said. “As one of our deputy commanding generals, he represented this command in many different countries, and in many different exercises, and we have benefited immeasurably from his foreign engagements and dedicated service”

Brown concluded by thanking Alvin for his contributions to USARPAC and expressed how fortunate he felt that Alvin will be continuing his service in the Army.

Brown also celebrated the arrival of Flynn who is coming to USARPAC from just up the road at Schofield Barracks where he was the 47th commander of the 25th Infantry Division.

“The Army could not have found anyone more qualified or ready to go on day one than Charlie,” Brown said. “As the division commander of the 25th, his thumbprints have been all over Pacific Pathways from almost the very beginning, and he has been instrumental in how far we have progressed. His on-the-ground observations and his vast network of regional friends and allies will be invaluable resources to draw upon as he navigates through the strategic issues of this region.”

Brown finished up his remarks by stating how excited he was to have Flynn join the USARPAC ohana.

“As our deputy commanding general focused on the southern half of our vast region, Charlie will not only represent me and USARPAC, he will be representing our entire PACOM (Pacific Command) joint team as we strengthen existing relationships and leverage new opportunities during this time of rapid change,” he said.

Flynn stated, in kind, how he felt like the luckiest man in the world and gave

thanks to all his teammates in U.S. Army-Hawaii and the 25th ID. He went on to say how he considered USARPAC an incredible ohana of talented leaders, Soldiers and civilians and how blessed he found himself to be a member of this team.

“I stand ready to take on any mission that (Gen. Brown) or Admiral Harris need me to accomplish in this incredibly important time of our history and in this crucial Pacific theater. And there is no shortage of work for the Army, and the demands in the Pacific are high as well,” said Flynn.

The ceremony concluded with remarks made by Alvin, who expressed that it was a great honor to have served under Brown, and he gave thanks to Brown and other members of the AREC for placing trust in him during his tenure at USARPAC.

“It was a great honor to lead you as the first AREC in the Army Reserve. You established the way and set the bar high. You left an enduring legacy of excellence for others to follow,” said Alvin.

Leaders focus on women’s, family health in visit to TAMC

OFFICE OF HAWAII U.S. SENATOR
News Release

HONOLULU — Sen. Mazie K. Hirono and Assistant Secretary of the Army for Manpower and Reserve Affairs Debra Wada toured Tripler Army Medical Center’s cancer clinic, maternity ward and neonatal intensive care unit, here, to learn more about the services offered to women service members and military families.

“As more careers open to women serving in the military, we must ensure these service members and their families have access to quality health care, including specialty services,” Hirono said.

“The providers and staff I met (Aug.



Courtesy photo

Col. Andrew Barr (left) briefs Sen. Mazie K. Hirono on Tripler’s neonatal intensive care unit.

24) at Tripler are committed to leading the way to achieve this goal, and as a member of the Senate Armed Services

Committee, I will work to ensure that our military services are adequately equipped to maintain the health readiness of our force and to provide our military families with quality care,” she added.

“Women’s health and service is important to our Tripler ohana,” said Col. Andrew M. Barr, commander, TAMC. “Our staff is dedicated to continuous quality improvement and providing state-of-the-art medicine with state-of-the-art technology for all women’s health needs.

“As we celebrate Women’s Equality Day this week,” Barr added, “I want to thank our female Soldiers and staff at Tripler Army Medical Center for their service as leaders, role models and mentors to our patients, veterans and staff.”

As a member of the Senate Armed Services Committee, Hirono successfully included several health care-related measures in the National Defense Authorization Act for Fiscal Year 2017, including provisions that expand access to records and test results through an online portal, grow specialty care and expand collaboration in maternity care for Hawaii’s military families.

Visit: Fanning outlines plans

CONTINUED FROM A-2

led the way. That’s an area where he wants to keep the pressure on to solve as well.

“I get asked about this a lot,” he said, noting that there is a misconception about the prevalence of suicide in the Army. The Army’s rate is generally equivalent to that of the U.S. population of comparable age.

“But one is too many,” he said. “What I really want to focus on is where that’s related to behavioral health issues.”

He said researchers in and out of the military are looking at the issue – and that the research has given rise to even more questions. Researchers are still learning about post-traumatic stress disorder among World War II veterans, for in-

stance.

“But if somebody joins the Army, serves their country, is willing to make the ultimate sacrifice, we need to know from the behavioral health side if they have done anything in the line of service that has caused them problems,” he said.

“They deserve to have it diagnosed, and they have earned the treatment that comes with it. We need to do some more work on that,” he said.

Rapid Capability Office. New on the horizon for the secretary is the newly created “Rapid Capability Office.”

“It’s really designed to focus on (those times) where we see our overmatch on our capabilities isn’t really where we thought it was going to be,” he said.

Most recently, that’s been informed by what Russia is doing in Ukraine and Syria, in the way of cyber, electronic warfare, position navigation timing and survivability. What’s being seen there raises questions about Army readiness in those areas, Fan-

ning said.

“These are anti-access-type capabilities where we need a larger gap than what we have,” he said.

The Rapid Capability Office is not about getting equipment out to the field faster, he said. It’s about capabilities.

“We’re not going to use this office to build a new helicopter,” he said. “We’re going to use this office because some technology on the helicopter isn’t giving us the edge over the adversary we thought it was going to be.”

He said that much of what the Rapid Capability Office will do will be aimed at streamlining bureaucracy in places that now stymie efforts to bring the latest technology to the warfighter as quickly as possible.

Army headquarters organization. Fanning also said he and Chief of Staff of the Army Gen. Mark A. Milley will soon be looking at how the Army headquarters is organized. He was quick to add that this

had nothing to do with the number of people involved or the dollars going toward personnel.

“I think we have cut the headquarters enough, and I think in many places we have cut too far,” he said. “This is trying to get at the hardest part of reorganization, which is what do you do differently, and what do you stop doing.”

Primarily, he said, he is hoping to streamline communication efforts to ensure that he and the chief of staff are getting the information they need in time to make decisions about using that information. And at the same time, he said, to provide the right information to those on the staff – so they too get the information they need from the top.

“We want to find ways to inject our thoughts and guidance earlier in the process, which hopefully saves you a lot of time, because you’re not having to move something up through the system and get it thrown back down,” he said.

75K forces commence Pacific exercise – UFG

C. TODD LOPEZ
Army News Service

WASHINGTON — It’s been five years since the White House first announced an American “pivot to the Pacific,” now characterized as a “rebalance.”

That rebalance came as the United States was drawing down operations in Iraq and Afghanistan and aimed to refo-
cus on partnerships in the Pacific region, including Japan and Korea.

As part of that ongoing rebalance, this week about 400 Soldiers in I Corps, head-
quartered out of Joint Base Lewis-Mc-
Chord, Wash., headed to South Korea to participate in the Ulchi Freedom Guard-
ian exercise, a joint and bilateral exercise involving as many as 75,000 military per-
sonnel from South Korea, the U.S. and Canada.

“It is the largest exercise we do with Korea all year,” said Lt. Gen. Stephen R. Lanza, I Corps commander, who depart-
ed for the Korean peninsula on Aug. 23, to take charge of the I Corps operational headquarters during the exercise.

I Corps will have about 300 Soldiers participating in Korea, with an additional 100 from its support element. The rest of the corps will participate in the exercise



Photo by Sgt. Daniel Schroeder

Lt. Gen. Stephen Lanza, I Corps commanding general, is briefed by his staff in the I Corps joint operations center in Camp Yongin, South Korea, and from other locations during a combined arms rehearsal meeting in a previous year.

from back at Joint Base Lewis-McChord. In total, 25,000 U.S service members, with about 50,000 Republic of Korea service members will participate.

“We’ll be training also with the 1st Canadian Division, the 3rd Infantry Divi-
sion, the 25th Infantry Division, and we’ll have both our command post forward in the Pacific, and our main command post operating back here at Joint Base Lewis-

McChord,” he said.

Soldiers from the 25th ID will partici-
pate from their headquarters in Hawaii, and American Soldiers in Japan will partici-
pate from their location. Also partici-
pating in Korea will be command posts from 1st Canadian Division and the 3rd Infantry Division.

The goal of Ulchi Freedom Guardian is to enhance training and readiness across

the corps, at all levels, and develop rela-
tionships between U.S. and its partner forces. With increasing tensions between North Korea, and America’s partner, South Korea, Lanza said the continued training is preparing I Corps to be a de-
pendable partner should conflict arise.

“I’m very confident in the training and readiness of I Corps, whether it be to go to Korea or any place in the world,” he said. “Obviously, there are contingen-
cies for that. But I Corps remains ready, trained and ... able to respond to any contingency, whether it be in the Pacific or globally.”

While the future remains unclear, Lan-
za said, one thing is certain: The Army will tackle any future conflict as a total force. That means the regular Army will depend on and fight alongside the Army National Guard and the Army Reserve, in the same way that the total force is now training to-
gether at Ulchi Freedom Guardian.

Given that the Army will be reduced in size in the coming years, Lanza said, more training in the future will have to be conducted collectively.

(See more news about participating in Ulchi Freedom Guardian at www.hawaiiarmyweekly.com.)

Carter honors exemplary employer support of Guard, Reserve

CHERYL PELLERIN
DoD News, Defense Media Activity

WASHINGTON — Defense Secretary Ash Carter honored 15 companies with the 2016 Secretary of Defense Employer Support Freedom Award for their exem-
plary support this year of employees who also are members of the National Guard or Reserve.

The award is the highest form of rec-
ognition given by the U.S. government to civilian employers for their support of Guard and Reserve members and their families.

The 21st annual ceremony, held at the Pentagon, included leaders from the DoD Employer Support of the Guard and Re-
serve program, or ESGR, previous award recipients, current and former DoD per-
sonnel, and Guard members and Reserv-
ists and their family and friends.

Carter also welcomed country music artist Lee Greenwood to the award cer-

emony, and afterward Greenwood closed the event with a song and made remarks.

Supporting employees

“For more than 40 years,” Carter said, as he opened the ceremony, “ESGR has encouraged and worked with employers around the country to strengthen their support for their employees who serve in

“We live at a time when less than 1 percent of our population serves in uniform.”
— Defense Secretary Ash Carter

the Guard and Reserves, and our entire country is stronger for it.”



Courtesy photo

That can be seen, he added, “in the awesome performance of our Guard and Reserve, particularly over the past 15 years. We see it in the more than 4,500 ESGR volunteers nationwide who donate their time to this important cause and to ensuring that our Guardsmen and Re-
servists not only retain their current jobs, but find new ones.”

It can be seen in Louisiana over the past two weeks, the secretary said, where

more than 3,500 guardsmen have been responding to unprecedented flooding, helping rescue thousands of people, pro-
viding meals, bottles of water, cots, blan-
kets, tarps, sandbags and much more.

The 15 finalists were drawn from more than 2,400 nominations, and Carter said these reflect the breadth and depth of what the nation’s employers – recognized or not – do for Guard and Reserve mem-
bers.

All those nominations, he added, rep-
resent everyone in companies that sup-
port employees who serve their country as citizen-Soldiers, -Sailors, -Airmen and -Marines – bosses and supervisors, co-
workers, human resources departments and others – because they know that hir-
ing these Americans is patriotic and the smart thing to do for their businesses.

*(See more news about employer sup-
port of the Guard and Reserve at www.hawaiiarmyweekly.com.)*

At Air Assault School, students turn mantras into instinct

Story and photo by
ABIGAIL MEYER
Army News Service

FORT BLISS, Texas — At the base of the Fort Bliss Air Assault School rappel tower, here, hundreds of rucksacks are lined up in neat rows.

Students sit patiently awaiting instruction. Groups of two pass by, always jogging, repeating “Air Assault!” in unison, over and over. This is a training environment that fosters discipline and attention to detail.

“It’s not only mentally challenging; it’s very physically challenging, as well,” said Sgt. 1st Class Jose Ramirez, noncommissioned officer in charge, Fort Bliss Air Assault School, Iron Training Detachment, 1st Armored Division.

“We have a lot of exams, a lot of data that they have to keep up with. ... It’s also a very condensed course. A lot of information’s being given to the students in a matter of days, and they have to be tested in the next day or so.”

Standing in line, students waited for their turn down the tower. It was day seven of the 12-day course. With arms folded, they made their way to the edge, reciting the mantra to the cadre, “Right hand, brake hand.” (Descending the ropes, students use their right hand to “brake.”)

Students start the course by walking down the wall, and, by the end of it, they will exit an airborne helicopter, rappelling to the ground.

“Safety is one of the biggest things,” Ramirez explained. “We do emphasize (the mantras) later on when we’re going out of the aircraft or while they’re doing anything with dangerous equipment. ... We try to instill it in their brain, so it becomes natural instinct.”

Any Soldier can attend the course, with the permission of their command.



Students rappel down a 30-foot tower as part of the rappel phase of Air Assault School at Fort Bliss, Texas, Aug. 19. The most recent air assault class graduated Aug. 24. Any Soldier can attend this course with permission from his/her command.

This cycle of Soldiers – from active duty, National Guard and Reserve, and three Airmen – is attended by 36 students from

various units outside of Fort Bliss.

“They’re learning the fundamentals of air assault operations, moving

equipment and personnel, also as an attack force,” Ramirez said. “They’ll know every helicopter used in the Army arsenal, the capabilities in the Army and how they can use it for each of those, either to transport equipment or for any support as far as attack is concerned.”

The course is physically and mentally demanding. To graduate, students must complete an obstacle course, a 2-mile run, a 6-mile march, then a 12-mile foot march, and two hand written tests, one on hand and arm signals, and another on inspection with the sling loads.

Student Sgt. Maj. Jamie Price said he was glad to be back with Soldiers after graduating from the Army Sergeants Major Academy here at Fort Bliss in June.

“I’m motivated every day because, with your peers, it’s a lot different than it is with a lot more junior Soldiers and junior officers,” said Price, who is en route to Fort Campbell, Ky., for his next duty assignment.

Soldiers shouldn’t attend the course on a whim, according to Capt. Jacqlyn Tsao, assigned to Indianapolis Recruiting Battalion, Ind. She knew what she was getting herself into and highly recommends preparing beforehand.

“Definitely be physically fit coming in here,” she said. “It doesn’t matter how fit you are; if you’ve never used that muscle group before, you’re not going to be able to do it. Ruck march as much as possible.”

Soldiers conquered the rappel tower and the descent from Black Hawk helicopters, adding a new skill set to their repertoire and a new badge for their uniform. The most recent course graduated 174 students on Aug. 24.

Air Assault School is held once a quarter. The Iron Training Detachment plans to hold a Rappel Master Course in October. You must be air assault qualified to attend.



Photo by David Vergun

Soldiers may someday have a new set of eyes on the battlefield, thanks to a small unmanned aerial vehicle so new that it doesn’t yet have a name. The unmanned vehicle is currently being evaluated at the NTC, Fort Irwin, Calif.

UAV offers battlefield intelligence to troops

ARMY CYBER COMMAND
Army News Service

FORT IRWIN, Calif. — Soldiers may someday have a new set of eyes on the battlefield, thanks to a small unmanned aerial vehicle so new that it doesn’t yet have a name.

The “battlefield” where the unmanned aerial vehicle is currently being evaluated and employed in training exercises is the National Training Center, here. The vehicle is designed to collect information on an adversary for analysis by cyber operators and military intelligence personnel.

That information is ultimately provided to brigade commanders for their use, according to Maj. Deonand Singh, operations officer for the 781st Military Intelligence Battalion at Fort Meade, Md.

During actual combat operations, brigade commanders need information quickly, information Singh termed “tactical insights.”

During its most recent employment at NTC, the unmanned vehicle supported 1st Infantry Division’s 1st Armored Brigade Combat Team, out of Fort Riley, Kan. That unit was on a two-week training rotation at NTC during the first part of August.

The unmanned vehicle conducted reconnaissance of the training scenario’s operational information environment, said Lt. Col. Jon Burnett, chief of Army Cyber Command’s Cyber Support to Corps and Below, at Fort Belvoir, Va.

Capt. Samuel Lough, an offensive cyber operations planner for the exercise, said such information gathered from unmanned vehicles and other means can provide useful insight to the commander in an area of operations, once it is analyzed.

Overcorrecting can cause accidents to go from bad to worse

ART POWELL
Army News Service

FORT RUCKER, Ala. — Driving off the road is bad enough, but overcorrecting only makes it worse.

“Overcorrecting is often indicative of running off the road and overreacting by jerking the wheel to get the vehicle back on the roadway,” said Walt Beckman, Driving Directorate, U.S. Army Combat Readiness Center. “It’s usually due to inattentiveness, fatigue or failing to maintain contact with the road in a curve.”

Motorists who exit the roadway and then overcorrect create a loss of control event, which is a small, but deadly component of the Army’s overall accident numbers.

According to data available from the USACRC for fiscal 2015, loss of control was cited as a cause in seven fatal accidents, with speed and improperly entering a curve contributing to most.

“Those loss of control accidents accounted for roughly 15 percent of the 46 (motor vehicle) fatalities recorded in fiscal 2015,” Beckman explained. “Loss of control in almost all cases is associated with another causal factor, such as speed. In contrast, 17 of those 46 accidents, or 37 percent, were solely attributed to indiscipline, such as speed, failure to wear seat belts or alcohol use.”

Overcorrecting often leads to rollovers,

which are the deadliest of vehicle crashes.

According to the National Highway Traffic Safety Administration, rollovers comprise only a fraction of total accidents, but they cause a disproportionate number of fatalities. For example, of the 9 million vehicle accidents reported in the United States during 2010, 35 percent of fatalities occurred during rollovers, which represented only 2.1 percent of total accidents. Nearly 70 percent of those victims were not wearing seat belts.

Soldiers can best protect themselves from rollover events by following established rules of the road.

“It’s as easy as maintaining the speed limit, always wearing seat belts, never drinking and driving, eliminating distractions and slowing down when the weather deteriorates,” Beckman said. “Momentary lapses in judgment are usually what lead to the fatalities we see.”

(Editor’s note: Powell works with Communication and Public Affairs at USACRC, Fort Rucker, Ala.)

More Online

To learn more about our seasonal campaigns, visit <https://safety.army.mil/MEDIA/SeasonalSafetyCampaigns/SpringSummer2016.aspx>.



Today

Preparedness — September is National Preparedness Month, and it serves as a reminder that we all must take action to prepare, now, and throughout the year, for the types of emergencies that we could encounter where we live, work and socialize. Visit the Department of Homeland Security’s website – <https://www.ready.gov/> – to learn more.



FEGLI — For the first time in 12 years, Federal Employees Group Life Insurance is having an Open Season, which started yesterday. Open Season allows eligible employees to enroll in FEGLI or increase their coverage up to the pro-

gram maximum.

You don’t have to have a qualifying life event, answer any medical questions or have a physical exam. Find out more, before Open Season ends Sept. 30. Visit www.opm.gov/FEGLIopenseason.

Suicide Prevention — The nation observes Suicide Prevention Month in September, but it’s an all hands, all year-round effort.

Be there for service members, families and civilians. Attend these “Fight for Each Other” events this month:

- Sept. 15, 8:30-10 a.m., Richardson Theater, Fort Shafter.
- Sept. 16, 8:30-10 a.m., Sgt. Smith Theater, Schofield Barracks.

Events are open to garrison employees. Military personnel and unit leadership should reserve seating; call 655-9105.

School Safety — Motorists are reminded to drive safely when backing out of driveways and traveling through school zones. Slow down and watch out for children who may not be paying attention.

SB HSO — Changes were made last month to

the Schofield Barracks Housing Services Office procedures and operations regarding Temporary Lodging Allowance, or TLA certificates. Group briefings are held daily, and personnel must arrive on time. Call 655-3076 for more details.

8 / Thursday

Bugle Call — Throughout the day, from 9 a.m.-4 p.m., the bugle call system at Fort Shafter will be tested to ensure all speakers are operational. For details, call Sgt. 1st Class Tonya Smothermon at 438-0584.

12 / Monday

Golden Ruck — The 1st Battalion, 14th Infantry Regiment, 2nd Brigade Combat Team, 25th Infantry Division, will be completing a hike around Oahu’s shores to commemorate the battalion’s heritage and casing of colors, Sept. 12-16.

Having received numerous awards for bravery, the battalion was selected to case its colors (close down), as part of the Army’s downsizing. The hike will be the battalion’s last event before the official ceremony that will close down the unit.

Call 655-9461 for more details, before Sept. 7.



Today


Blaisdell/Convention Center — For the first time ever, the World Conservation Congress will be held in Honolulu from Sept. 1-10 at venues including the Hawaii Convention Center and the Neal S. Blaisdell Center. Oahu residents are asked to plan ahead for road closures, traffic, security, pedestrian access and park closures that could affect them.

Additionally, TheBus routes and park closures (McCoy Pavillion and Ala Wai) may be in effect. Visit www.oahudem.org for updates.

Repaving — Schofield Barracks’ Lyman Road (between Hewitt and Carpenter) will have partial road closures on one lane until Sept. 22, weekdays, 7:30 a.m.-4 p.m., in order to repave the road. Partial closures will allow two-way traffic flow on the opposite

lane. Alternate routes will be through Waianae Uka Avenue, Hewitt Street and Kolekole Avenue.

Park Place, Phase 3 — The third phase of parking lot closures for construction work at Fort Shafter’s Signal Road continues. The northeast stalls will be blocked off through Sept. 5. The project should conclude by Sept. 12.



Wisser, Continued — Intermittent road closures have begun at Fort Shafter’s Wisser Road and Bonney Loop for the installation of a new water main line, 8:30 a.m.-5:30 p.m., until Sept. 30. This is a continuing project.

The parking lot and Bonney Loop adjacent to Bldg. 520 will be restricted to local traffic only. While the intersection of Bonney and Wisser is closed for construction, a flagger will be at the southern intersection of Bonney Loop and Pierce Street to facilitate access to Bldg. 520. A second flagger will be

stationed farther up Bonney Loop to facilitate the movement of cars and pedestrians adjacent to Bldg. 520.

The parallel parking stalls along the southern perimeter of the parking lot will be restricted to allow for two-way traffic movement. When no work is being done at the intersection of Wisser and Bonney, it will be reopened, and the road closure will be reduced.

8 / Thursday

Historic Road Closure — There will be a partial road closure at Fort Shafter’s “historic” Palm Circle Drive, near building T-112, for utility installation. The affected part of Palm Circle will be restricted to one lane access from today through Oct. 8. During work hours, the contractor will provide appropriate signs and barriers for closing each side.

October

15 / Saturday

WAAF Power Outage — The Wiliwili Housing Area on Wheeler Army Airfield will be without power, 7 a.m.-3 p.m., for construction work.

Army helped women make 19th Amendment

ELIZABETH M. COLLINS
DoD News, Defense Media Activity

WASHINGTON — In March 1776, as her husband, John, served in the Continental Congress, Abigail Adams begged him to “remember the ladies and be more generous and favorable to them than your ancestors.”

Of course, the early legislators did forget women – who didn’t receive the right to vote until the 19th Amendment passed, Aug. 26, 1920, a day commemorated as Women’s Equality Day. (Some states and territories, particularly in the west, gave women voting rights earlier.)

That amendment passed, in large part, due to the service of women during World War I and every other major war. Although not always in an official capacity or in uniform, women have faithfully served the U.S. Army since 1775.

History has largely forgotten them, but here are some examples of their service, from the birth of the nation.

1 • Women routinely followed their men to the battlefield. Sometimes wives even took up arms. When Fort Washington on Manhattan Island came under attack in 1776, for example, Margaret Corbin stood at a cannon beside her husband, handling ammunition.

When he was killed, she took his place until she was herself critically wounded, permanently losing the use of her left arm. She then joined an invalid regiment at West Point, N.Y., cooking and laundering for other wounded Soldiers.

In 1779, Congress authorized a pension for her of half a Soldier’s monthly pay, making her the first American woman to receive a pension as a disabled Soldier. She died in 1800. In 1926, she was re-buried with full military honors at West Point.

2 • After years volunteering in hospitals and on the battlefield during the Civil War, Mary Walker was appointed a contract surgeon to the 52nd Ohio Volunteers in 1864. That April, she was captured and imprisoned at the overcrowded and filthy Castle Thunder in Richmond, Va., where she became ill and developed vision problems that eventually ended her medical career.

After she was released in a prisoner of war exchange, Aug. 12, 1864, Walker continued serving with the Army. President Andrew Johnson awarded the Medal of Honor to Walker for her “untiring” efforts in 1865.

In 1917, two years before Walker’s death, the Medal of Honor Board removed her name and 911 others from the list of recipients after rewriting the award qualifications. Sixty years later, the Army Board of Corrections posthumously restored her award. She remains the only woman to ever receive the Medal of Honor.

3 • Another woman who witnessed immense suffering on the Civil War battlefields was Clara Barton. She began her service volunteering in Washington, D.C., hospitals, visiting the troops and organizing donations of clothing, food and other supplies. Then, she moved to the front lines.

The “Angel of the Battlefield,” Barton cared for wounded and dying Soldiers from Antietam, Md., to Andersonville, Ga. At the end of the war, Clara Barton received thousands of letters from women wanting to know the fate of their husbands and sons. She and her assistants answered more than 63,000 letters and identified more than 22,000 missing men.

Barton founded the American Red Cross in 1881. She later traveled to Cuba and aided Soldiers during the Spanish-American War.

4 • During the Spanish-American War, the War Department quickly realized it needed nurses to care for Soldiers wounded in battle and brought low by tropical diseases. By the end of the war, about 1,500 contract nurses had served in military hospitals, aboard the hospital ship Relief, in stateside camps, the Philippine Islands, Puerto Rico and Hawaii.

They often worked in primitive, unsanitary conditions, sometimes as battles raged around them. This included almost 250 Catholic nuns, and also about 80 African-American women.

Twenty-one nurses died in the line of duty, mostly from diseases like typhoid and yellow fever. The Army paid the nurses \$30 a month plus rations, but the women weren’t granted pensions until 1922.

5 • The National Service School was organized by the Woman’s Naval Service in 1916 to train women in preparation for war and national disaster. The Army, Navy and Marine Corps cooperated to train thousands of women, representing practically every state, for national service.

Women learned food conservation, military calisthenics and drill, land telegraphy, telephone operating, making surgical dressings and bandages, signal work and many other skills.

6 • The Army Signal Corps recruited and trained at least 230 telephone operators – “Hello Girls” – for service overseas during America’s involvement in World War I. Many of them served near the front lines in France and came under fire as they performed critical communications duties.

Confusion over whether these women should be classified as limited duty Soldiers, contract workers or something else, meant the Hello Girls wouldn’t receive veteran’s status until the 1970s –when only 18 were still alive.

7 • Some 21,000 Army nurses played a critical role in



U.S. Army photo
In March 1776, as her husband, John, served in the Continental Congress, Abigail Adams begged him to “remember the ladies.”

World War I and during the influenza epidemic of 1918 – the deadliest pandemic in modern times. About 18 million people died from the flu worldwide, and the virus ran especially rampant on crowded Army posts. More



Photo courtesy of the U.S. Army Women’s Museum
Women of the National Service School stand in formation prior to World War I.

than 200 Army nurses lost their lives because they contracted influenza while caring for patients.

(Editor’s note: Special thanks to the U.S. Army Women’s Museum, which provided much of the above information. Other important sources are the Women in Military Service for America Memorial Foundation, the Army Medical Department Office of Medical History and the National Women’s History Museum websites.)



Courtesy of the National Archives, via the U.S. Army Womens Museum
Clara Barton is pictured.



Spc. Codee Parker, 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, volunteers his time for Special Olympics Hawaii’s annual Cop on Top fundraising campaign held Aug. 25-27, at the Waipahu Walmart.

MPs raise funds, Special Olympics awareness

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

WAIPAHU — U.S. Army military police officers from various units throughout the 728th Military Police Battalion, 8th MP Brigade, 8th Theater Sustainment Command, participated in Special Olympics Hawaii’s Cop on Top, Aug. 25-27, at the Waipahu Walmart.

Each year Special Olympics Hawaii hosts a variety of fundraisers to help support its athletes while raising awareness and Cop on Top is one such fundraiser.

Modest beginnings
Over 10 years ago, Cop on Top began with the determination of one police officer who stayed on top of the Waikiki Theater in the hopes of making \$10,000. After only four hours on top of the theater, the lone police officer accomplished his goal, and his feat sparked the Cop on Top idea.

In 2016, volunteer police officers stand atop a scaffold out front of various Walmart locations, and with their megaphones and music thumping in the background, enthusiastically reach out to shoppers below to donate.

Making a pitch
Spc. Jacob Doughty, military police officer, 58th MP Company, was one such volunteer who shouted from atop the scaffold, encouraging shoppers to give



Antonio Williams (right), chief of police, DES, USAG-HI, and lead officer in charge of the event, accepts a donation on behalf of Special Olympics Hawaii’s annual Cop on Top fundraising campaign held Aug. 25-27 at the Waipahu Walmart.

what they could.
“Every little bit helps!”
Fellow military police officer Spc. Trevin Correia, 13th MP Detachment, said she was more than happy to come out and support Special Olympics Hawaii and to show the community a different side of military police.
“Being a police officer means helping

the community,” said Correia. “I also have a sister who is autistic, so I love helping out with stuff like this.”
Every year Special Olympics Hawaii’s Cop on Top campaign has a goal of \$15,000 it wants each site to raise for athletes. Antonio Williams, chief of police, Directorate of Emergency Services, U.S. Army Garrison-Hawaii, and

lead officer in charge of the event, said he hopes to reach that goal this year for his location.

“Last year we fell short,” said Williams. “This year is looking good.”

As the three-day event came to a close, the donations were tallied up. Williams said he was happy to report that the \$15,000 goal was reached and expressed his gratitude for the volunteers.

“Without a doubt, we could not do this without the support of the brigade,” he said.

Special Olympics Hawaii

According to its website’s mission statement, Special Olympics Hawaii provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities.

The nonprofit is able to fund and support these events through events like Cop on Top, the annual Troy Barboza Torch Run and Tip A Cop.

Volunteers are needed for the upcoming Oahu Regional Unified Bowling Tournament held at Schofield Barracks Bowling Alley, Oct. 22. To volunteer for the event, email okg003@msn.com.

To learn more about volunteering for the organization, see www.specialolympicshawaii.org.



Sgt. 1st Class Sean Lamanteer (left), 13th MP Det., and Spc. Jacob Doughty (right), 58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC, stand atop a scaffold out front of the Waipahu Walmart, during Special Olympics Hawaii’s annual Cop on Top fundraising campaign.



Briefs

Today

Grill Your Own Steak Night at Hale Ikena — Join us at the FS Hale Ikena for Grill Your Own Steak Night and enjoy grilled steak made your way, 3-8 p.m., Bldg. 711, Morton Drive. Call 438-1974 or 438-6712.

Lei Making — Learn to make a beautiful lei \$15, 1-2 p.m., Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

3 / Saturday
Adventure Kayaking 101 — Learn to kayak with Outdoor Recreation, 8:30 a.m.-12:30 p.m., ODR provides the transportation (up to 12 people), equipment and instruction. All you need to bring is water, snacks and sunscreen, \$59/person. ODR is located at 435 Ulrich Way, Bldg. 2110. Call 655-0143.

Ceramic Mold Pouring — Arts & Crafts offers \$25 per sessions, 9 a.m.-noon, which includes supplies. Go to Bldg. 572, 919 Humphreys Road. Ages 17 & up recommended. For art projects tailored toward patrons younger than 17, call 655-4202.

Painting on Stretched Canvas — Have fun taking on art projects every month at a family night, 6:30-8:30 p.m.; preregistration is required at Arts & Crafts. Bring your beverages and snacks. All supplies included. Children 12 and younger must be accompanied by an adult. Cost is \$25/family and includes one canvas. Additional canvases available for a fee at Bldg. 572, 919 Humphreys Road. Call 655-4202.

Ping Pong Tournament — Visit SB Tropics every Saturday night in August at 6 p.m. Sign-ups start at 4 p.m. Win a \$15 Exchange gift card. Call 655-5698.

Karaoke & Open Mic Night — Break the ice and sing along at SB Tropics, 7:30-10 p.m., every Saturday in August. Call 655-5698.

4 / Sunday
Hale Ikena Sunday Brunch — Join us for a Sunday brunch buffet, 10 a.m.-1

MOVIES ON THE LAWN



Courtesy photo

SCHOFIELD BARRACKS — The next Movies on the Lawn will feature “Big Hero 6.” Wear your favorite superhero costume for a chance to win super prizes! Blankets, chairs and outside picnic coolers are welcome. Food and beverages will be available for purchase (cash only). Please, no glass or alcoholic beverages. Call 655-0111.

p.m., at \$24.95/person; reservations encouraged. Breakfast is hosted at FS Hale Ikena, Bldg. 711, Morton Drive. Call 438-1974.

PS4 Tournament — Do you have game? Come out to the Tropics and prove it. Join us to play Mortal Kombat. Sign-up starts at 11 a.m.; games begin at noon. No participation fee. Winners receive \$25 for first place, \$15 for second place and a \$10 Exchange gift card for third place. Visit SB Tropics, Foote Avenue, Bldg. 589. Call 655-5698.

5 / Monday
Mongolian BBQ — Every Monday, join us at the SB Kolekole Bar & Grill for Mongolian barbecue, 5-8 p.m. Choose your own vegetables and meats for a delicious stir fry. Call 655-4466.

6 / Tuesday
“Honor and Remembrance” Display — Gold Star mothers and families and our fallen heroes are scheduled to be honored at the Hale Koa, Sept 6-30, with boots of our fallen service members and a Survivor Outreach Services information table. Call 655-4227.

Resiliency through Art — This program focuses on self-expression through art in a small group setting. Registration is required. Every Tuesday 9:30-11:30 a.m., SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

FS Preschool Storytime — Children 3-5 years old listen to stories and sing and dance, 10-10:45 a.m., 181 Chapplear Road, Bldg. 650. Call 438-9521.

Taco Tuesdays — Every Tuesday at SB Kolekole Bar & Grill enjoy three tacos, rice and beans for \$4.99, from 5-8 p.m. Call 655-4466.

Quilting and Sewing — Join us every Tuesday for quilting and sewing, from 5-8 p.m. Cost is \$25, first class; \$6, each additional class. Recommended for ages 17 and older. For younger patrons, visit SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road or call 655-4202.

Pottery Wheel Throwing — This class includes instruction and firing up to 15 pieces during class time, 5-8 p.m. Cost is \$100 for once-a-week session for 10 weeks. Ages 17 and up are recommended. Visit the SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

7 / Wednesday
ACS Play Mornings — Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children, 10-11 a.m., SB ACS Bldg. 2091. Call 655-4227.

Ceramic Mold Pouring — One Session is \$25 and includes supplies, 10 a.m.-noon. Ages 17 & up recommended, Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Ages 17 & up recommended. For younger, call 655-4202.

Burger Bar Wednesday — Join us at the Hale Ikena every Wednesday for a Grand Buffet hot dog and burger bar at our Grand Buffet, Hale Ikena, Bldg. 711, Morton Drive, FS. Call 438-1974.

Keiki Night — Every Wednesday, 5-8 p.m., join us at the SB Kolekole Bar & Grill for Keiki (kids) Night. Kids under 10 eat for only \$2.99 from the kids’ menu. Call 655-4466.

8 / Thursday
Mom & Tots — Join us at SB Arts & Crafts for a mom (or parent/guardian) mixed media crafting for \$5, from 10-11 a.m. The Arts & Crafts Center is in Bldg. 572, 919 Humphreys Road. Call 655-4202.

Basics of Budgeting — Learn to develop a budget, track expenses, and create a system to save and pay your bills on time, 10-11:30 a.m. Bring a copy of your Leave and Earnings Statement (LES) and a list of bills, ACS Office. Call 655-4227.

9 / Friday
Friday with Friends — This support group meeting is a peer-support gathering for surviving family members. Currently, yoga is being offered during the “Friday with Friends” group support. Yoga will continue being offered until further notice. “Friday with Friends” is offered every first Friday of the month from 9 a.m.-1 p.m. For details, call 655-4227.

Framing Classes — Framing classes offered, 9:30 a.m.-12:30 p.m., SB Arts & Crafts with a maximum of four students, \$75, with all supplies. Call 655-4202.

Paint and Sip — Grab a glass, an apron and a seat in Tropics Ono Room. A local artist will instruct you through an original piece of art, 7 p.m. All skill levels welcome; includes two hours of instruction at \$35/person. Call 655-5698.

Ongoing

Youth Sports and Fitness Free Homeschool PE — Homeschool PE classes are underway for the new school year. Youth Sports provides homeschool fitness activities such as basketball, croquette and flag football. FMWR also provides activities such as 4-H, health rocks and hiking. These programs are free to our military homeschool community. Children must be registered with CYS Services. Call 655-6465.

SKIES Dance Classes — Participate in dance at SKIES Unlimited AMR and SB studios. The SKIES Dance program offers a variety of dance classes, including rhythm in motion for 2 year olds; beginner/intermediate dance combo for ballet and tap, for 3-5 and 6-9 year olds; hip-hop and ballroom dancing. Call 655-9818.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today
Fisher House Run Signup — Registration continues for the Sept. 10, 8K Hero & Remembrance Run, Walk or Roll 2016 that begins at the Pacific Aviation Museum on Ford Island. Event information and registration is at www.eventbrite.com. Also visit Tripler Fisher House on Facebook.

2 / Friday
Commemoration — Battleship Missouri Memorial at Pearl Harbor will host a commemorative 71st anniversary of the official ending of World War II, 8 a.m., at the battleship’s fantail. Former Congresswoman Colleen Hanabusa will be the keynote speaker. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center beginning at 7 a.m. Call (toll-free) 1-877-644-4896 or visit USSMissouri.org.

First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month. The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night

party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

“1776 - The Musical” — Tickets are available for Paliku Theatre’s fall production of the Tony Award-winning Broadway musical, “1776.” The show opens Friday, Sept. 2, and runs through Sunday, Sept. 18, with weekend performances on the Windward Community College campus. To purchase tickets, call the Box Office at 235-7310 or visit www.Paliku.com.

3 / Saturday
Hiking — The Kolekole Trail (hiking and walking) is open on Schofield Barracks to authorized patrons this weekend, including Sept. 5, from 5:30 a.m. to 6:30 p.m.

Family Fishing — Ho’omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread).

A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For information or reservations, call 233-7323.

Kuhio Beach Hula Show — This free show, sponsored

by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

4 / Sunday
Sea Life Park Keiki Sunday — This quarterly event provides two free children’s admissions (under 12) for each paying adult, 10 a.m.-2 p.m., with the theme highlighting the Hawaiian Green Sea Turtle. Call 259-2500 or visit sealifeparkhawaii.com.

Comic Jam Hawaii — Pearlridge Shopping Mall hosts a regular social event of local artists who create collaborative cartoons, illustrations and sketches while “talking story,” 1-4 p.m. Approximately one dozen artists – professionals and hobbyists – will gather and create cooperative art. Keiki and their families are invited to participate or just watch these comic masters in action, Sundays, Sept. 4 and 18, and Oct. 2 and 16 at the mall’s Downtown Center Court.

6 / Tuesday
Windward Choral Society — The 100-voice ensemble is seeking sopranos, altos, tenors and basses for an open house rehearsal, 6:30 p.m., for newcomers, and 7 p.m., for returning singers, at the Kailua United Methodist Church, 1110 Kailua

Road. Rehearsals are on Tuesday nights, 7-9 p.m. Visit www.thewindwardchoralsociety.org.

8 / Thursday
Closure — TAMC Physical Fitness Center will be closed Thursday, Sept. 8, through Sunday, Sept. 11, to allow for scrubbing and recoating the gym floor. TAMC PFC will reopen 5 a.m., on Monday, Sept. 12.

10 / Saturday
Sgt. Smith Theater Free Screening — Come to the studio appreciation free screening of a surprise new movie, 4 p.m., with doors opening at 3 p.m. Tickets are available for the PG-rated movie at the Schofield Food Court.

17 / Saturday
Youth Centers Closure — Fort Shafter, Aliamanu Military Reservation and Schofield Barracks Youth Centers are closed due to the Boys and Girls Club Day for Kids event on Saturday, Sept. 17. The Boys and Girls Club Day for Kids event will be at Sills Field, Schofield Barracks. Call 656-0093.

20 / Tuesday
Facebook Town Hall — Garrison Commander Col. Stephen Dawson hosts the quarterly online garrison town hall, 6-7:30 p.m., at USAG-HI’s Facebook “Events” page – https://www.facebook.com/usaghawaii. Soldiers, family members and civilians are invited to ask questions or provide comments about services and programs.

This Week at the MOVIES



Bad Moms (R)
Fri., Sept. 2, 7 p.m.

Ice Age: Collision Course (PG)
Sat., Sept. 3, 4 p.m.



Nerve (PG-13)
Sat., Sept. 3, 7 p.m.

Star Trek Beyond (PG-13)
Sun., Sept. 4, 5 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation	Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare	SB: Schofield Barracks	
		SKIES: Schools of Knowledge,	

Federal survey cards translate into school funding

Hawai‘i public schools seeking 100 percent return rate

WENDY NAKASONE-KALANI
School Liaison Office
Army Community Service

SCHOFIELD BARRACKS — The date of Wednesday, Sept. 7 is an important one for Hawaii public schools. It is the day that students will bring home a federal survey card for parents or guardians to complete and return to schools the following day.

Schools will receive federal impact aid based on the number of survey cards that are returned by federally connected students who live on, or whose parent or guardian is employed on, federal property.

Parent support
Parents are encouraged to fill out and return surveys to schools promptly. Non-response could result in the loss of millions of dollars in federal funds that benefit both our military and local communities.
Every card that is not returned will result in lost revenues to Hawaii classrooms statewide.

Real dollars
In 2014-2015, an estimated 28,000 families filled out the survey, and Hawaii benefitted from more than \$41 million in impact aid since it has the highest number of military dependent children per capita in the nation.
The average cost to educate a Hawaii public student in 2014-2015 was approximately \$13,300. However, the average reimbursement received for a federally connected student was only \$1,510 or 9 percent of the total cost.

Courtesy photo

In an effort to maximize federal funding to Hawai‘i’s schools that service military children, service members are strongly advised to fill out the survey card, Sept. 7.

The remaining balance was paid for with funding from Hawaii taxpayers, but this is why federally connected families are asked for their full cooperation in

completing the survey forms. Hawaii needs as much compensation as possible for local tax losses resulting from tax-free federal installations.

Impact aid
Impact aid is intended to partially compensate the Hawaii Department of Education for the families of federally connected students who pay less in taxes into the school district than local residents.

It partially makes up for local tax losses resulting from tax-free federal installations. For example, people living on federal property do not pay local property tax. People who work on federal property, in turn, work for companies that do not pay local property tax. Also, people who work for the military have the ability to shop for food and other items at stores that do not charge sales tax. Therefore, Hawaii and its school districts lose not only property tax revenue, but also sales tax and licensing fees.

Impact aid funding offsets costs for substitute teachers, student transportation, utilities (e.g., electricity), and other services. Hawaii’s public schools rely on federal impact aid as a significant part of the education budget.

By filling out and returning the survey cards, parents are helping schools claim and benefit from their authorized share of federal support.

(Editor’s note: SLO, ACS is part of the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)

School Liaison Office
For more information, call the School Liaison Office at 655-8326.

‘Dear Tina’ advice column debuts at Family and MWR website

FAMILY ADVOCACY PROGRAM
Army Community Service

SCHOFIELD BARRACKS — “Dear Tina: Help! I’ve got a parenting question!”

The Family Advocacy Program (FAP) launched this parenting advice column called Dear Tina last week at Army Community Service (ACS).

Tina Upchurch has volunteered to be the face and primary voice for the new ACS resource. Upchurch, a registered nurse, a member of FAP’s New Parent Support Team, and also a mother of three, has teamed-up with a group of experts, including financial advisers, family counselors and child care educators with the goal of providing knowledgeable answers to parents’ questions.

The primary emphasis will be on questions related to younger children, newborns to 4 years old. The Dear Tina column will be featured every month in FMWR’s online Discover magazine.

Launch party
Jennifer Rodriguez, a FAP specialist, and Shea Evenson, a FAP educator, hosted the Dear Tina launch party, which was held during the twice-monthly PlayMorning at ACS.
“Parents naturally gravitate towards resources that are both fun and stimulating, and PlayMornings, here at ACS, perfectly fits that bill,” said Evenson.
The PlayMorning classroom was decorated with

balloons and kid-friendly snacks were available. Attendees received child safety kits that included a variety of devices to help baby-proof a home.

“We wanted to launch the Dear Tina column in a way that was both parent and child friendly,” added Rodriguez.

A large Dear Tina poster was fitted with a suggestion box to receive parents’ questions, and Upchurch stated that future questions could be submitted at deartinahawaii@gmail.com.

FAP Programs
The FAP team is dedicated to helping the Army community prevent and respond to incidents of domestic violence and child abuse. The month of October is Domestic Violence Awareness Month (DVAM), and a variety of events will be taking place then.

DVAM will start with a proclamation signing at the Nehelani Conference and Banquet Center at 10:30 a.m., Friday, Sept. 30. Purple decorations will be seen on post, and community members will be encouraged to wear purple on each Friday during the month.

Throughout the month of October, there will be a 30-day Facebook Couples Challenge. On Friday, Oct.21, Division Artillery is hosting the 4th Annual 5K Run/Walk. In addition, a fun and interactive Couples Class will be held on Friday, Oct. 28 from 11:30 a.m. to 1:30 p.m. at ACS.

This fall, ACS is hosting a Halloween Open House on Wednesday, Oct. 26 from 1:30 to 3:30 p.m. The ACS offices will be decorated, kids will have an opportunity to “trick-or-treat,” and festivities will include lots of costumed characters and fun activities.

Dear Tina
Contact or send questions to Dear Tina at deartinahawaii@gmail.com.

Find FAP
The Family Advocacy Program is located within the ACS building at the corner of Kolekole Avenue and Cadet Sheridan Road and offers a wide variety of services, classes and resources.
A description of these can be viewed at himwr.com/acs or by calling 655-4ACS (4227).
The FAP team will staff a variety of outreach tables across the island to promote an awareness of domestic violence issues and to promote community health and safety.
If you or someone you know is in need of help, call a victim advocate on the 24/7 SAFE-LINE at 624-SAFE (7233).

Noncommissioned officer in charge gives inside look at Chaplain Corps

In Part 1 of 2, chaplains get an up close review

SGT. 1ST CLASS TIMOTHY F. SEPPALA
94th Army Air and Missile Defense Command
JOINT BASE PEARL HARBOR-HICKAM — I am choosing to write about some of the lesser-known aspects of the chaplain corps, things that seasoned chaplains and religious affairs specialists (chaplain assistants) intimately know, but which may be unfamiliar to the Soldiers we work with on a daily basis.

Founded in 1775
The U.S. Army Chaplain Corps has a rich history that begins with the Continental Congress giving chaplains official recognition on July 29, 1775, adding chaplains to the ranks a month after the creation of the Army itself and almost a year before the birth of our nation in 1776.

Since then, chaplains have been involved in every campaign that the U.S. Army has fought. The corps has grown and changed much throughout the years.

One of the biggest changes was the introduction of an “official” chaplain assistant on Dec. 28, 1909. Soldiers had helped and assisted chaplains with their many duties and the conduct of worship services before this time. Many of these



Soldiers and noncommissioned officers were those with either a musical ability or a certain religious affinity.

The chaplain corps continued to evolve from those early days into what you see today, with chaplains and chaplain assistants serving at every staff level from battalion to the Department of the Army.

Now, let’s focus on some of the lesser-known facts about the chaplain corps.

Chaplains
Chaplains are unique officers within their units. They are assigned to a battalion staff and often receive the rank of captain, either upon entry into active duty, or shortly thereafter. The reason for this is the education required for them to serve as chaplains. Every chaplain must have a Master of Divinity degree and have an ecclesiastical endorsement by a religious group.

What this means is, before chaplains are allowed on active duty, they must first be educated, trained and recognized as a religious leader for some type of church or faith group. Different groups have different requirements for endorsing a chaplain; some require a certain amount of experience working in a civilian setting before granting the endorsement. This means that very often the chaplain is the oldest and most educated officer in the battalion, but not necessarily the most experienced in military matters.

Another aspect that sets chaplains apart is, they will never be commanders. They do hold rank and the authority granted by that rank, but they will never have command authority.

This goes back to the separation of

church and state and is specified in Title X of the U.S. Code. The highest-ranking chaplain is a major general, but even wearing two stars does not give him the authority to authorize leave or impose UCMJ.

That leads me into another point, the proper title for any chaplain, regardless of rank, is “chaplain” – not captain, major, colonel or general – simply chaplain.

If written, it is reflected as “CH” followed by the rank in parenthesis. For instance, if the chaplain’s rank is colonel, it is written CH (Col.).

The last one that I will touch on in regards to chaplains is their non-combatant status. Most already know that chaplains do not carry weapons, even so, you would be amazed at how many times in my career I have been told to “make sure the chaplain is at the range; we don’t have a qualification on him.”

The chaplain’s non-combatant status is not just relegated to firing a weapon. Chaplains are not allowed to direct combat operations. What that means is, a chaplain is not allowed to order Soldiers to attack an objective or direct defensive operations, even if they are the only remaining commissioned officer.

(See next week’s story for Part 2 on chaplain assistants and the chaplain section.)



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil.
(Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel

HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m. at FD
• Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at TAMC, WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex

-11 a.m. at TAMC
• Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship
• Sunday, noon. at MPC
• Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study
• Friday, 1 p.m. at MPC Annex
• Friday, 2:30 p.m., TAMC
• Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)
• Friday, 7:30 p.m. at PH

Pagan (Wicca)
• Friday, 7 p.m. at Wheeler Annex

Protestant Worship
• Sunday Services
-9 a.m. at MPC
-9 a.m., at FD, TAMC Chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-11:30 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 10 a.m. at WAAF

65th Engineers conquer elusive flying saucers

KELSEY BUDGE
Sports Specialist

SCHOFIELD BARRACKS — The 2016 Ultimate Frisbee Tournament proved to be a tournament full of excitement and previously undiscovered talent.

There were countless unbelievable plays, showcasing the athletic abilities of the participants. A few players even had professional experience and continue to play in outside leagues.

As in any sporting event, the tournament had to produce a champion, and this title belongs to the “First in, last out” 65th Brigade Engineer Battalion.

Six teams entered the three-game minimum tournament. Open to DoD civilians and adult dependents, all of the players didn’t know what to expect from the other rival teams.

The championship game was played on Aug. 23 between an Air Force team from Naval Computer and Telecommunications Area Master Station (NCTAMS) and the 65th Engineers.

The engineers had previously displayed their team’s dominance in an unofficial tournament held in May. They did the same here. They played cohesively and unselfishly, winning three games to advance to the championship.

The title game featured poor weather conditions, causing a slippery field and



Photo courtesy of Family and Morale, Welfare and Recreation

Members of the winning 65th Eng. Bn. share winning smiles after capturing the Ultimate Frisbee Tournament championship recently at Schofield Barracks.

making the Frisbee difficult to catch. The score was tight throughout most of the game, but the engineers pulled away in the second half to prevail. The final score was 13-9, earning the engineers the ultimate, and first, a title.

Competition was closely matched, with scores fluctuating back and forth between opponents. As many teams learned, the key to this sport is having a generous bench.

Though the number of players on the team did not always dictate the outcome

of the match, many players would recommend having a larger team in future tournaments due to the fast-paced nature of Ultimate.

Despite a number of double-headers with little to no substitutes in this cardio-intensive game, losses were taken with dignity and hard work and determination were celebrated. Competition was closely matched, with scores fluctuating back and forth between opponents. As many teams learned, the key to this sport is having a generous bench.

Though the number of players on the team didn’t always dictate outcomes, many players recommended having a larger team in future tournaments due to the fast-paced nature of Ultimate.

Despite a number of double-headers with little to no substitutes in this cardio-intensive game, teammates did not give up on each other and kept their heads held high. Losses were taken with dignity, celebrating the other team’s hard work and determination.

(Kelsey Budge is with Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)

- 65th Engineer Team Members**
- Capt. Joseph Durlin
 - Lt. Rutger Glocker
 - Lt. Matt Golden, coach
 - Lt. Eric Hall
 - Chief Warrant Officer Anthony Hidalgo
 - Lt. Andrew Lagasse
 - Capt. Bryan Lagasse
 - Capt. Thomas Malejko
 - Capt. Nicholas Messina
 - Sgt. P.J. Miller
 - Lt. Mark Owens
 - Maj. Eric Palicia
 - Capt. Benjamin Thompson
 - Capt. Andrew Welsch

Exchange service named a top company for Latinas

ARMY & AIR FORCE
EXCHANGE SERVICE
News Release

DALLAS — LATINA Style magazine has named the Army & Air Force Exchange Service one of the 50 best companies for Latinas to work for, once again highlighting the Exchange’s commitment to diversity in the workplace.

The Exchange’s selection to the 2016 LATINA Style 50 was published in the

magazine’s special August issue.

Exchange Executive Vice President & Chief Merchandising Officer Ana Middleton will represent the Exchange at the magazine’s awards ceremony and diversity conference in Washington, D.C., early in 2017.

“This national recognition is a testament to the Exchange’s commitment to championing diversity,” said Middleton, one of the Exchange’s

highest-ranking Hispanic women, noting that nearly 11 percent of the Exchange’s worldwide workforce is Latina. “Diversity in the workplace is crucial to ensuring the Exchange delivers the best service possible to America’s Soldiers, Airmen, military families and retirees.”

The Exchange has consistently been highlighted by LATINA Style 50 since 2008. The Exchange was recognized after

evaluation of more than 800 companies. The magazine’s annual rankings are considered a respected source of information for Hispanic women across the country.

LATINA Style 50 highlights companies that have a dedicated effort to diverse recruiting and promotion initiatives. The report also highlights companies that have programs to recruit veterans and military personnel.

Missing appointments wastes time, money

TRICARE
News Release

It has happened to many of us. We call and set up an appointment with our doctor. We even write it down. But, life happens and we remember the appointment about an hour after we were supposed to check-in.

We are now official “no shows.”

A no-show occurs when a patient misses an appointment without making any attempt to cancel or reschedule 24 hours in advance.

When you miss an appointment, it keeps another patient from using that appointment slot for care they need. Also, the office can’t move all the rest of the day’s appointments up to fill your space. The time slot goes unused.

Your provider may charge you because you didn’t show up for your appointment. The American Medical Association policy says a doctor may charge for a missed appointment – or failing to cancel 24 hours in advance – if the office advises them they will be charged if they miss an appointment.



Photo by Marlon Martin, McDonald Army Health Center Public Affairs

Soldiers, retirees and family members are reminded that an appointment missed may impact others.

The fee can range from \$20-\$40 and isn’t covered by TRICARE.

It’s best to keep your appointments

or reschedule them at least 24 hours in advance. If you’re being seen at a military hospital or clinic, you can do this through TRICARE Online, which is available 24 hours a day, 7 days a week.

You can use this portal to set appointment notifications and set up email and text message reminders. If you know you can’t make the appointment, you can cancel your appointments right then.

Missed appointments can result in reduced continuity of care and possibly late identification of other health problems. Take care of your health and your wallet and keep your appointments.

Cancelling Appointments
Call the Tripler appointment cancellation line at 433-1177 or 433-1164.

TRICARE Online allows patients to cancel appointments 24/7 at www.tricareonline.com.

TAMC TIP

Bike Safety

Since a growing number of kids are riding their bikes to school, make sure your kids follow these simple biking rules:

- Always wear a bicycle helmet, no matter how short or long the ride.
- Ride on the right side, in the same direction as auto traffic.
- Use appropriate hand signals.
- Respect traffic lights and stop signs.
- Wear bright colored clothing to increase visibility and wear reflective materials when riding during limited visibility.
- Know the “rules of the road.” That includes no talking or texting on the phone while you are riding.



Shop, drop, enroll offers survival for dorm room expenses

“Three decorative pillows or just two?” my daughter Anna asked in front of a colorful display of bedding at a local HomeGoods store.

It was 7 p.m., and we had been shopping since the stores had opened that morning. The first place we stopped was the Apple Store, where I spent over a thousand bucks in less than 15 minutes, buying Anna a new laptop that was required for her major.

After that we hit Zara, H&M, Macy’s, JC Penney, Target, Walmart, Bed Bath & Beyond, JoAnn Fabrics, TJ Maxx and HomeGoods.

“What’s another \$20 bucks at this point?” I replied to Anna, in utter defeat and near starvation. “Definitely get three.”

Two weeks later, we pulled up to her dorm at Syracuse University – our minivan packed to the gills with fluffy new bedding, posters, a clip-on lamp, school supplies, a throw rug, a shower caddy, towels, a desk set, a fan, pop-up laundry bins, six months worth of toiletries, various snacks, cases of bottled water, a microwave, a coffee maker, and yes, three decorative pillows.

Happy, helpful sophomores garbed in blazing orange, whose parents had been victims of “The Dorm Room Shakedown,” the previous year, were awaiting our arrival with huge rolling bins to cart thousands of dollars worth of unnecessary products up to assigned rooms.

“Hi!” they shouted with rehearsed



enthusiasm, shaking us out of our road trip stupor, “I’m Sean/Cassandra/Matt! I’d love to help you move in!”

They filled two of the rolling carts to capacity, and then guided us like sheep to slaughter to the dorm elevators.

In the newfangled co-ed hallway, Anna found her room, which was a “split double” – one room separated down the middle by a wall of closets and dressers. This gave Anna and her roommate their own private spaces within one room.

Anna’s roommate had already moved in, and her side was so spectacular. It looked like something straight out of a Pottery Barn catalogue. Concerned that Anna’s room would look like a cell at Rikers Island by comparison, we quickly unloaded everything we’d already purchased, and left to find the nearest Target. Two-hundred more bucks later, we added modern shelving, storage bins, two strings of twinkle lights, curtains, a coat rack, hangers, plastic drawers and a bowl of fresh fruit.

Before saying good-bye to Anna, the next day, we all went to her dining hall to take advantage of the free lunch offered to new parents. I contemplated filling my purse with chicken tenders to



Courtesy photo

Anna Molinari enjoys the adventure of getting settled in her college dorm room.

supplement the beans and rice we’d be eating at home for the next six months, but selected a modest plateful of quinoa-spinach-mango salad and coconut shrimp instead.

“You know, Anna,” Francis said, between mouthfuls of made-to-order chicken salad panini, “when I went to college, all I brought was the blue quilt off my bed and a Journey poster. And our dining hall only had things like casseroles and meatloaf. Do you have any idea how lucky you are?”

Looking confused, Anna chomped

her gourmet veggie pizza, and said, “Want anything from the froyo bar?”

When it was all said and done, Anna’s room looked better than the hotel room we stayed in at the Syracuse Holiday Inn, and she had much better coffee. But then again, our hotel was only \$100 with our military discount.

I guess the old adage is true: You get what you pay for. Or, in this case, your college kids get what you pay for!

(Molinari shares military family insights at www.themeatandpotatoesoflife.com.)